

SENIOR HAPP'Y'NINGS

JANUARY/FEBRUARY 2019

27 BROOK STREET
 SCITUATE, MA 02066
 781-545-8722

HOURS OF OPERATION:

Monday-Thursday
 8:30 AM-4:30 PM
 Friday
 8:30 AM—3:00 PM

COA STAFF

Director -Linda Hayes
 lhayes@scituatema.gov

Administrative Assistant

Jill Johnston
 jjohnston@scituatema.gov

Transportation Coordinator

Kathy Clarkeson
 kclarkeson@scituatema.gov

Outreach Coordinator

Jenny Gerbis
 jgerbis@scituatema.gov

Activities & Volunteer

Coordinator
 Lisa Thornton
 lthornton@scituatema.gov

Van Drivers: Mary Brown,
 Jay Brien, Jim Keeley

Manager of Social Services

Laura Minier
 lminier@scituatema.gov
 781-378-1653

COA BOARD

John D. Miller, Chair
 Dr. Gordon Price, Vice
 Janice Desmond, Co-Secretary
 Caitlyn Coyle, Co-Secretary
 Helen Jablonski, Leslie James,
 Janice Lindblom,
 Lucille Sorrentino, Henry Yeh

Selectman Liaison

Karen Canfield



Mission of the Scituate Council on Aging

To identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

I was taught that the way of progress was neither swift nor easy. — Madame Marie Curie

Director Note: The Senior Center is very proud of the year that we had and all that we have offered to our patrons and clients. We look forward to continuing to fulfill our mission, and to improve and expand where able. Here, again, I am providing another update and review of the steps taken toward a new building, which we hope to see approved in 2019.

In 2014, the **Needs Assessment Study** was conducted and reported to the Board of Selectmen and to the public in March of 2015. In 2015, the **Scituate Adaptive Building Re-Use Committee** was established and presented a full report to the BOS in June of 2016, including a recommendation for renovation of the old Gates building for Town Hall and a stand-alone senior center on the site of the soccer field. This was dismissed as too expensive for the town to consider by the BOS and that a new senior center was the priority. Next was the **Feasibility Study** conducted in 2017 by Bargmann Hendrick + Archetype reviewing four sites which culminated in a BOS decision in October to place a new, stand-alone Senior Center at the Gates School site, with a specific location pending. In the meantime, the Recreation Department moved into the gymnasium wing, with plans to update and renovate for their office and program needs.

In March 2018, the new Town Administrator and BOS proposed to take down the old Gates school building and place the new Senior Center on that location. This would preserve a soccer and baseball field, and provide outdoor space and amenities that would serve our older adult population as well as the greater community.

Annual Town Meeting on April 9 approved the request to allocate \$983k for the design of the Senior Center building and to review the cost to upgrade the Recreation facility to create a multigenerational campus. The Public Building Commission was charged with overseeing hiring of our Owner's Project Manager (OPM), and then an architect, and to facilitate their completion of a design for 2019 Annual Town Meeting. The firm of Bargman, Hendrie + Archetype (BH+A) was selected by the PBC in the spring, approved by the BOS and hired in July 2018.

Since July, there have been six PBC open meetings, several meetings regarding layout and design between COA director, architect and OPM and numerous stakeholders, including Recreation and other town services, Historical Society and abutters. The PBC approved a new design on 12/11/18 for a 2-story, 15,000 sf Senior Center building with a brick façade that replicates the old Gates School facing First Parish Road. The interior layout is being finalized, including a Veterans office area, and all will be presented to the BOS for final approval.

From now until April 8 Annual Town Meeting, we will be asking that folks attend scheduled public information sessions and help to disseminate information that supports the need for the senior center and the value of a facility that the residents of Scituate have not had the opportunity to fully appreciate. *"If you build it, they will come."* is an overused adage for a reason and has proven true for those communities who have succeeded in their efforts.

A great senior center is an asset and one that characterizes its community by promoting cultural, multigenerational, age-friendly and age-supportive programming for our older adults and our community, along with valuable services and opportunities for connection. We are ALL the Senior Center. Aging is not a choice; but how we age and how we perceive and support aging is a choice we can all make. Happy New Year! ♥ **Linda**



NEW re-usable shopping bags at the Senior Center!

Ask the office for a bag to make grocery shopping easier for our patrons.

Generously donated by Scituate's **12 Women Care.**

she

hity

R

ADS to come

Trips — *live & learn!*

Jan 30 Market Basket Shopping & Walmart/Lunch in Plymouth, \$3.50 van ride. Bring \$ for shopping & lunch. Depart SC @ 9:30am. Return to Scituate approx. 1:30pm.

South Shore Conservatory of Music—Coffee Break Concerts.

Feb 26 11am Love Songs of the Ages

Call for Van Ride. \$5 van ride. Van departs COA @ 9:50am. Free Concert. **Reservation required, even if you are driving yourself!**

We are so saddened at the Senior Center by the loss of our friend and driver, John White. Many thanks to Kathy & John Clarkeson, Janet Dimatteo and Jean Young for placing this wreath as a tribute to John during his services and for his family to enjoy in his memory during the Christmas season.



BIG BUS TRIPS! All day excursions—some with lots of walking. Please ask to find out if this trip is right for you! Transportation by Luxury Coach Bus. Sign up early to get your spot reserved. Call for dates and details! 781-545-8722

MAR MGM Casino, Springfield, MA

MAY Atlantic Grille / Strawberry Banke, Portsmouth, NH

JULY Kennebunkport, ME

Check back for details / dates on these trips (no sign ups) :

September Lobster & Mobsters lunch and tour in Boston

October Norman Rockwell Museum and Red Lion Inn

December Boston Pops Holiday Concert and Lunch

TRIP POLICY: You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list 2 days prior to trip date! No refunds within 48 hours of trip date. **PAYMENT MUST BE MADE W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST. PAYMENT IS DUE at SIGN UP for ALL TRIPS**

LOCAL & OUT-OF-TOWN TRANSPORTATION

WEATHER POLICY: If Scituate schools are closed due to inclement weather, our vans will NOT be running for any purpose. Classes offered by the COA will likely will be cancelled. If your pathway to the van is not cleared to allow safe passage, the driver cannot pick you up.

10 Ride Pass for \$15 = \$1.50 each way Cash = \$1.75 each way / \$3.50 round trip Fare increases effective date—To Be Determined
Out of Town Medical = \$5 each way / \$10 round trip payable in advance of scheduled trip to the Scituate Council on Aging.
Out of Town Medical **CANCELLATIONS** are required 24 hours in advance of your scheduled ride or you may be responsible for the full cost of ride as billed by South Shore Community Action Council to the Scituate Council on Aging.
If the transportation fee causes hardship, schedule a confidential appointment with Jenny Gerbis, Outreach Coordinator.

MEDICAL RIDES OUT OF SCITUATE* are provided Monday thru Friday, only for appointment times between 10:30 AM and 1:30 PM. Rides require a minimum of 5 business days advance notice. All ride requests are processed through the Town of Scituate Council on Aging Transportation Department. Rides are provided through South Shore Community Action Council. Residents are not permitted to contact the South Shore Community Action Council directly for transportation requests.

MEDICAL RIDES WITHIN SCITUATE* are provided Monday and Friday, only for appointment times between 9 AM and 2:30 PM; Tuesdays and Wednesdays between 1 PM and 2:30 PM. Rides require a minimum of 2 business days advance notice.

LOCAL RIDES WITHIN SCITUATE are for non-medical transportation and include appointments, the Senior Center or other off site locations for activities, Library, shopping, pharmacy, hair dresser, etc. Our vans run on the same schedule as the Council on Aging.

Discount Senior **MBTA Cards** can be applied for or renewed by mail or e-mail with a new photo; call Jill, x 2. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.

AMERICAN CANCER SOCIETY provides medical appointment transportation for persons receiving cancer treatments. Call 508-897-4300.

REGULAR SCHEDULED TRIPS. NOTE NEW TIMES!

TUESDAYS: Shaw's Supermarket 10:00 AM – 10:45 AM

WEDNESDAYS: Hanover Mall / Trader Joe's / Dollar Store
10:30 AM – 12:00 PM (2nd & 4th Wednesday of the Month)

THURSDAYS: Scituate Harbor 9:00 AM – 10:00 AM

Congregational Church Lunch 12:00 PM – 1:00 PM

TRANSPORTATION COORDINATOR, KATHY CLARKESON

Call 781-545-8722 @ Ext 3 to schedule your requests for COA van for all transportation.

The **Dial-A-Ride** program is a "curb to curb" transportation service. Drivers are not permitted to exit the vehicle for any reason other than to operate the wheel chair lift.

If you are on the list of routine riders for any regularly scheduled trip you must cancel if your personal schedule changes.

*When making medical appointments, we will need your appointment date, time, duration of appointment, doctor's name, address and phone number. Please advise the doctor's office that the Council on Aging will be providing your transportation.

Programs, Special Events, Speakers

Café Talks — DAYS & TIMES Vary; To enroll for a course or event, please call us at 781-545-8722
Information, social opportunity, and refreshments. We have a varied lineup of CAFÉ TALKS you won't want to miss!
Café Talks will be cancelled for lack of sign-ups, so please call to let us know that you are planning to attend.

Games at Gates

Begins Wed, Feb 6

Sign up Required!

Wednesdays from 1- 2 PM

Gates School will be hosting seniors every other week to join middle schoolers for some gaming! The group will continue to meet every other week on the following dates:

Feb	2/6, 2/27	April	4/10, 4/24
March	3/13, 3/27	May	5/1, 5/15, 5/29

Don't miss this NEW opportunity to engage with students, improve your memory skills and have some FUN! Playing games is good for the brain and your smile!

Town Assessor's Workshop

Wednesday, Jan 23 10 AM @ Senior Center

Are you missing out on reducing your
Real Estate Tax bill?"

Please come and hear about program options and new guidelines that can assist more older residents with easing their tax obligation from our Town Assessor, Joe Divito. **Fresh muffins and pastry from Weinberg's Bakery in Hull, MA.**

Café Talks

Hearing Health Talk by Hearing Healthcare

WED, Jan 16 10 AM

Dr. Elena M. Schepis Tzeng, AuD. from Hearing Healthcare Professionals will be joining us for a discussion on the importance of hearing healthcare and the proper use and maintenance of hearing aids.

Hearing Screening Appointments 11-12:30 PM Sign up times... 11am, 11:20am, 11:40am, 12 noon, 12:20pm. for hearing screening appointments. 781-545-8722

Boosting your Immunity with Nutrition

WED, Jan 30 10 AM

Snow Date- Feb 27

Consulting Dietician, Kathy Jordan, M.S., RDN for BIG Y Supermarkets will be here to share her recommendations of good food choices to boost immunity during cold and flu season. Learn about lifestyle habits to live healthier and manage chronic diseases with your food choices and daily habits.

Sign up for Café Talks is strongly encouraged @ 781-545-8722. Changes or cancellations will be sent to those signed up! Make sure we have your current phone number and email address at the office.

Meet and Greet with Patrick Kearney Friday, January 25 9:30-10:30am

Representative Kearney is pleased to continue the tradition of meeting with any and all interested seniors at the Scituate Senior Center—the 4th Friday of the month beginning Jan. 25. RSVP so we can make the coffee!

If you cannot come today, please call the Senior Center to set up an appointment for another time, or call 781-690-7923 to discuss your issue directly with Representative Kearney. SIGN UP so we make enough coffee!



VALENTINE'S PARTY

Tuesday, Feb 12 @ 11:30am
at The Senior Center

Join the festivities! We will be serving a delicious meal and having some fun with NAME THAT TUNE by Lynda Chuckran, who we all LOVE!

Lunch and entertainment sponsored by Allerton House in Hingham and Welch Senior Living.

Space is limited. Sign up required \$3.



MEN'S GROUP

Men's Breakfasts Tuesdays 9am

All Men's Breakfast's will be held at The North River Grille Restaurant @ Widow's Walk Golf, unless otherwise noted. Come and connect— socializing is a key to good health, as well as starting the day with a delicious breakfast! \$8/pp. SIGN UP PLEASE!!!

No Men's Breakfast in January. Happy New Year!

Feb 5- **Local tinkerer Alex Emond** will share his experiences assembling a car from a "build-it-yourself" component car kit from Factory Five Racing located in Wareham. Breakfast will be at North River Grille. \$8pp

Memory Training 2 sessions

Pick the one that works for you!

Session 1	Mondays, 10:30-12:30	Jan 7
Session 2	Thursdays, 9:30-11:30	Feb 14

4-week educational program for improving mild, age-related memory concerns. Interactive format for learning strategies and techniques proven to sharpen memory. Created by UCLA Longevity Center. Grant provided by Scituate Education Foundation for training Must pre-register; class size limited. No charge.

Once a Month ... Support and Services

CAREGIVER SUPPORT GROUPS

COA SUPPORT GROUP HELD IN SCITUATE

Third Wednesday at 12:00-1:00 for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services, Town of Scituate, and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier, 781-378-1653

OTHER AREA SUPPORT GROUPS—MONTHLY Caregiver Discussion Groups

EVENING

First Wednesday at 6:00-7:30 PM at Sunrise of Cohasset 125 King St. (Route 3A). For information, call Bonnie Haley at 617-686-6173.

First Thursday at 6:00PM at Village at Proprietors Green 10 Village Way, **Marshfield** 781-834-7885.

DAYTIME

First Tuesday at 2:00-3:00 at Duxbury Senior Center 10 Mayflower St, **Duxbury**. For information, Donna Ciappina, LSW 781-934-5774, x 5730.

Third Wednesday at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield**. For information, 781-834-7885

VISION SUPPORT GROUP

Third Monday at 10:00 AM at **Hingham** Elder Services, 224 Central Street, Hingham. *Scituate COA will provide transportation to and from this event for our clients. Call the Senior Center for more support group information.*

BLOOD PRESSURE CHECK!

Third Wednesday Town Nurse, Eileen Scotti will be here **@ the Senior Center, 10:30-11:30 AM.**

BP screening, B12 shots with prescription, and can answer health questions—no appointment or co-pay!

FREE HEALTH SCREENING CLINICS

Wednesdays, 10:00 AM

1st week—Wheeler; 2nd week—Central; 3rd week—Senior Center; 4th week—Lincoln; 5th week—Senior Center.

Screenings include: Blood pressure and vital sign assessment, Blood sugar screening, B12, nutritional & health counselig, medication review and instruction.

PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781—545—8722 ext. 2 for any of these professionals

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

1st Friday

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy(ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11 AM.

ASK A LAWYER

3rd Friday

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service.

Call 781-545-8722 for a morning appointment.

MEET YOUR SENATOR **Sen. Patrick O'Connor**

3rd Thursday
10:30-11:30 AM

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee—you bring the talk!

MEET YOUR REPRESENTATIVE

4th Friday

Representative Patrick Kearney is pleased to continue the tradition of meeting with any and all interested seniors at the Scituate Senior Center—the 4th Friday of the month beginning Jan. 25. Call the Senior Center if interested in a meeting on the 4th Friday of the month, or call 617-690-7923 to discuss your issues by phone directly with the office.

FINANCIAL SERVICES

1st Monday

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Call the Senior Center to be referred for an appointment in their local Scituate offices.

Lori Shea, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

FINANCIAL SERVICES

Call for an appt.

Adrienne Rowles, Financial Advisor and Vice President of the Woerdeman Financial Group. If you are looking for predictable income and safety of your investments, she is available for a FREE 30 min. appt.

Sand Buckets ... for Safety!

Sand Buckets available for seniors who would use them for winter doorway and walkway maintenance. Students will fill with sand and bring to your door! Call the Senior Center if interested in a COA bucket. The student Interact Club is sponsored by the Scituate Rotary Club.

February 2019

Mon Tue Wed Thu Fri


Pathways thru Grief
Bereavement Group
Offered by Beacon Hospice
To be held at Scituate Harbor Community Building
Tuesdays, April 16th – May 21st at 1 p.m.

SOUPER Tuesdays! For one Tuesday in January and February we are offering a limited ‘Café’ lunch menu of homemade Soup & Sandwich at the Senior Center. Drop in this month on February 19 between 11:30 and 1:00. Prices \$3-\$6.



4	5	6	7	8
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Memory Training 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	9:00 Men's Breakfast 9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Garden Club 10:30 Mah Jong @ SHCB 1:00 Scrabble 1:30 Tai Chi	8:30 Yoga 9:45 Men's Yoga & Chair Yoga 12:30 Balance for Life 1:00 Scituate Geology 1:00 Games at Gates 4:40 Pickleball 6:00 Badminton	11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	8 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:30 Friday Flix 11:30 Nordic Walking Group
11	12	13	14	15
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong @ SHCB 11:30 Valentine's Party 1:00 Scrabble 1:30 Tai Chi	8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:30 Job Networking Group 12:30 Balance for Life 1:00 Scituate Geology 3:00 Tech Time 6:00 Badminton	9:30 Memory Training 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 5:30 COA Board Meeting	15 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:30 Nordic Walking Group
18	19	20	21	22
Holiday Office Closed	9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 11:30-1:00 SOUPER Tuesday Café 1:00 Scrabble 1:30 Tai Chi	8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:30 Blood Pressure/Nurse 12:00 Caregivers Support 12:00 Dine Out– Mia Regazza 12:30 Balance for Life	9:30 Memory Training 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	22 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:30 Friday Flix 11:30 Nordic Walking Group
25	26	27	28	1
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 11:00 Self Care Retreat 11:00 Conservatory Concert 1:00 Scrabble 1:30 Tai Chi	8:30 Yoga 9:45 Mens Yoga/Chair Yoga 10:30 Job Networking Group 12:30 Balance for Life 1:00 Games at Gates 4:40 Pickleball 6:00 Badminton	9:30 Memory Training 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	1 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Antiques Presentation 11:30 Nordic Walking Group

January 2019

Mon	Tue	Wed	Thu	Fri
 7 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Memory Training 11:15 Balance for Life 4:00 Pickleball	1 Happy New Year Offices Closed	2 8:30 Yoga 9:45 Chair Yoga & Men's Yoga 12:30 Balance for Life 4:40 Pickleball 6:00 Badminton	3 9:30 AMP 11:15 Balance for Life 1:00 Knitting	4 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Antiques Presentation 11:30 Nordic Walking Group
	8 9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	9 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:30 Job Networking Group 12:30 Balance for Life 1:00 Scituate Geology 3:00 Tech Time 6:00 Badminton	10 9:30 AMP 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 5:30 COA Board Meeting	11 8:30 Yoga 9:30 Joint Efforts 10:30 Nordic Walk TRAINING 9:45 Chair Yoga 11:30 Nordic Walking Group 12:30 Friday Flix
	14 8:30 Yoga 9:45 Chair Yoga 9:30 Joint Efforts 10:30 Memory Training 11:15 Balance for Life 4:00 Pickleball	15 9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	16 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Café Talk– Hearing and Apts 12:00 Caregivers Support 12:00 Dine Out– Tinkers Son 12:30 Bal for Life 4:40 Pickleball	17 9:30 AMP Make-up Class 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting
	21 Holiday Office Closed	22 9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 11:30-1:00 SOUPER Tuesday Café 1:00 Scrabble 1:30 Tai Chi	23 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Assessors Workshop 10:30 Job Networking Group 12:30 Balance for Life 1:00 Scituate Geology 4:40 Pickleball	24 9:30 AMP Graduation Breakfast TBA 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class
	28 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Memory Training 11:15 Balance for Life 12:30 Art Class	29 9:00 Cardio 9:00 Nordic Walking Group 10:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	30 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Café Talk-Boost Immunity 12:30 Balance for Life 1:00 Scituate Geology 4:40 Pickleball	31 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class
				25 8:30 Yoga 9:30 Joint Efforts 9:30 Meet & Greet Rep Kearney 9:45 Chair Yoga 11:30 Nordic Walking Group 12:30 Friday Flix

SOUPER Tuesdays! For one Tuesday in both January and February we are offering a limited 'Café' lunch menu of home-made Soup & Sandwich at the Senior Center. Drop in on January 22. Prices from \$3-\$6.

Social Services & Outreach

Van transportation is available by calling the Senior Center at 781-545-8722—48 hrs. ahead



MONDAY, WEDNESDAY & FRIDAY LUNCH

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; \$3 sponsored by South Shore Elder Services.

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

THURSDAY LUNCH, 12 NOON @ Congregational Church, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. \$4. No Reservations.

Monthly Community DINNER No Reservations

4th SUNDAY, 5PM @ St. Luke's Episcopal Church,

Community dinner for all ages sponsored by various community groups. Donations Accepted.

THE SCITUATE FOOD PANTRY

Client Hours: Tuesday 10am-12:45pm, Thursdays 3:30-5:30pm

Food donation drop offs: Tuesday 9am-1pm, Thurs 3pm-6pm

The Food Pantry is located in the lower level of the Masonic Temple, 344 Country Way.

SNAP for Seniors

The Massachusetts Food Stamp Program, now called the Supplemental Nutrition Assistance Program (SNAP) has been streamlined for seniors. Even if you've never applied for assistance, or have been ineligible in the past, here are some reasons to consider applying for SNAP:

During these difficult economic times, even a modest monthly SNAP benefit can help to offset some of your household expenses.

Using SNAP benefits is completely confidential. SNAP recipients use a card which works just like a debit card. The application for seniors is shorter (only two pages).

If you spend more than \$35 per month on medical expenses including medications and doctor's visits, you may qualify for a \$90 standard deduction. This deduction could result in a higher monthly SNAP benefit.

To apply, please call Jenny Gerbis at the SCOA 781-545-8873 or 1-866-950-FOOD or visit your local Department of Transitional Assistance (DTA) Office. Once you have applied, you will find out in 30 days whether you are eligible for SNAP.

THURSDAYS @ HOUSING AUTHORITY

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30 minutes every month at each of the Housing locations in their Common Room. Stop by to say "hello" and see what information is available to you, or just have a chat.

JANUARY

Thursday 1/3 12:30 PM @ Lincoln

Thursday 1/10 12:30 PM @ Central

Thursday 1/17 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

FEBRUARY

Thursday 2/7 12:30 PM @ Lincoln

Thursday 2/14 12:30 PM @ Central

Thursday 2/21 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

SHINE—BY APPOINTMENT

Serving the Health Information Needs of Everyone

Call for an appt. with SHINE Counselor Norman Tetreault, volunteer at the Senior Center, to discuss issues and concerns regarding your health insurance coverage. NO PART D DRUG SEARCH APPTS. Please call to schedule an appt. on the following dates:

January 8, 17, 24, 31 **February** 7, 12, 21, 28

Pathways thru Grief

Bereavement Group

Offered by Beacon Hospice

To be held at Scituate Harbor Community Building

Tuesdays, April 16th – May 21st at 1 p.m.

This grief educational series and support group for adults is open to anyone who has lost a spouse, life partner, parent, sibling, family member or close friend. It will offer a safe and supportive place for you to receive education on the grief process, to share your experience of loss with others and move toward healing and hope in a confidential and supportive environment.

Terri Henshaw from Beacon Hospice will be here to facilitate this group. Sign up is REQUIRED @ 545-8722.

Volunteer Opportunities with Beacon Hospice

Do you enjoy sewing, knitting, crocheting?

Combine your love of crafting with your love of helping others by sewing, knitting or crocheting blankets/shawls for our hospice patients. Contact Helen Duffy, Hospice Volunteer Coordinator @ 508-747-7222 or helen.duffy@amedisys.com

FUEL ASSISTANCE 2018-2019

Please call Jenny Gerbis with questions or to set up an appt. 781-545-8873

The State/Federal Fuel Assistance Program, operated and administrated by South Shore Community Action has begun, and will run until April 30, 2019. The program is open to the community and the Council on Aging is the agent for the Town of Scituate.

Applicants are required to provide the following information for head of household and family members 18 and over:

ID for head of household; Social security numbers and DOB for all family members; Last 30 days income for all family members over 18 unless in college full time; Social security award letter; Pension or IRA distributions; Unemployment; Child support; Copy of heat bill; Copy of electric bill and Town of Scituate tax bill; Mortgage bill or rent receipt if applicable. Homeowners cover letter if you own your house.

Age Well at the Senior Center

Fun & Learning!

FRIDAY FLIX NEW START TIME! 12:30PM

*Surround Sound, English Subtitles, 65" Flat Screen TV
Snacks and popcorn always served.*

Christopher Robin, PG, 2018 Drama/Fantasy JAN 11

The Music Never Stopped, PG 2011 Drama JAN 25

First Man, PG-13, 2018, Drama/Science Fiction FEB 8

A Star is Born, R, 2018, Biography/Drama FEB 22

AWARD WINNING MOVIES! We want to see you! Get out, meet a friend or make a new friend and enjoy a MOVIE! Stop by to get details on each movie. Some weeks we may have a lunch offering you can purchase.

"MAPS"- Monthly Antiques Presentation Series

First Friday of the Month, 11am to noon

January 4 Andrew Wyeth Watercolors

Andrew Wyeth is most often recalled as an artist who captured rural settings, but he also was a master of watercolor .

February 1 Antique Scituate Postcards

Scituate has been depicted on over 800 postcards - some commercially published and others privately printed in home darkrooms. This presentation will overview a sampling of cards and locations while also providing a quick overview of the history of antique postcards.

March 1 Photographs by Leslie Jones

From 1917 to 1956 Leslie Ronald Jones worked as a photo-journalist for Boston Traveler capturing the full array of events and personalities in Boston and New England. His compelling images of hourly workers, sports celebrities, entertainers, historic events, train wrecks, etc. now are appreciated for capturing the New England experience.

Signup is necessary! Cost \$4 each or sign up for all 3 presentations for \$10. Presented by Bob Jackman

EXPRESSIVE WRITING JAN 10—FEB 21 APRIL 4—JUNE 6

Liz Ennis NO FEE Thursdays @ 11:30am

Facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! Why not try this activity to encourage *expression*! Sharing, storytelling and connection in a casual and welcoming environment. Cultivate mindfulness, gratitude and joy!

DINE OUT Winter Lunch Club Departs approx. 11:20 am

Reservation @ 12 Noon
Call for reservation!
Van ride \$3.00

Tinker's Son January 16
Norwell, MA

Mia Regazza February 20
Marshfield, MA

PAINTING CLASS MONDAY 12:30-3:30PM
@ Senior Center THURSDAY 4:00-7:00PM
Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available.* *Call for details @ 545-8722;* No class on 2nd Thursday of the month. \$10 class

Monday classes resume Jan 28

Thursday classes resume Jan 24

SCITUATE HISTORY JANUARY 9, 1-2:30PM
Geology of Scituate – w/Bob Jackman on Wednesdays, (6 Sessions) from 1-2:30pm, January 9, 16, 23,30, February 6 and 13. Tuition \$20.

Geology of Scituate will present an overview of local landmass starting with violent collisions about 500 million years ago, bedrock covered and exposed through several cycles. We will also overview glacial activity in this area over the past 100,000 years. Probably over half the course will highlight events since the glacier retreated 16,000 years ago and changes to the land-mass up to the present time. We will briefly discuss structures of local rivers and beaches.

GARDEN THERAPY Space is limited. Sign up Required
Feb 5 @ 10:30am - Hearts and Flowers offered by Scituate Garden Club members.

TECH TIME Wednesday 3:00-4:00pm
w/ S.H.S. students Jan 9, Feb 13

Sign up to get 1-on-1 assistance with iPad or mobile/Smart phones. The Interact Club is a service-oriented club for SHS students in grades 9-12, experienced and ready to help. Sign up encouraged.

Job Seekers Networking Group

Start Date: Ongoing, 2nd & 4th Wednesdays @ Scituate Town Library

NETWORKING WORKS! Your AGE really is your EDGE!
10:30am - 12:30pm

Funded by the state's Executive Office of Elder Affairs and managed by Massachusetts Councils on Aging (MCOA), the Scituate COA is pleased to host this program. We are one of only 16 sites selected by MCOA for this important program for 50+ individuals looking for a new job, a totally new career direction, re-entering the workforce after an employment gap or looking for a Second Act career. Meet, network & learn about a new topic at each biweekly group meeting. Call the Senior Center to pre-register. Or, please pass on to a friend or relative who may be interested! Experienced facilitator and guest speakers.

Body & Brain Health at the Senior Cen-

NEW!

NORDIC WALKING GROUP

TUESDAYS 9AM, FRIDAYS 11:30AM

Have you been trained in Nordic Walking? Join this group of like minded fitness walkers! Wear comfortable walking shoes. If you do not have your own poles, reserve poles @ 545-8722. **Good Weather—OUTSIDE behind Veteran's Gym. Bad Weather—INDOOR @ Veteran's Gym** Please dress in layers, wear gloves and be prepared to walk indoor or outdoor!

SELF CARE RETREAT WORKSHOP

FEB 26, 11 AM - 2 PM

"AND I SAID TO MY BODY. SOFTLY. I WANT TO BE YOUR FRIEND. IT TOOK A LONG BREATH. AND REPLIED, I HAVE BEEN WAITING MY WHOLE LIFE FOR THIS." -NAYYIRAH WAHEED

We live in a busy world, rushing about. Self-care is not just important, it's critical for our health! Come experience a day of self-care and learn about the health benefits of self-care. It's not a luxury, it's a necessity for a long and healthful life.

We will discover together...Yoga, Meditation, Reiki, Aromatherapy, Skin Care, Art Therapy, Sign up is limited. \$20 per person 781-545-8722

@ Scituate Harbor Community Building, Jericho Rd.



NORDIC WALKING TRAINING CLASS JAN 11 & 18

Jan 11 meet at Senior Center- indoor training @ 10:30am

Jan 18 meet at Veteran's Gym @ 11:30am—12:30pm

Did you know that in European countries, 15% of walkers use poles to get a better full body workout and increased health benefits! Would you like to learn about it and give it a try?

Walking with poles burns up to 45% more calories than without, **Increases heart and cardiovascular training to 25% and incorporates 90 % of all body muscles.** Sign up required @ 545-8722. Space limited.

TAI CHI

ONGOING, \$2

Improve balance and overall health and well-being with this 24 week program. Questions call 545-8722 Led by Linda

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio *	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB	9am Nordic Walking Group	Veter- ans Gym	9:45 Chair Yoga	HCB			9:45 Chair Yoga	HCB
9:30 Joint Efforts *	SC		Or outside	9:45 Men's Yoga				9:30 Joint Efforts*	SC
11:15 Balance 4 Life	HCB	1:30 Tai Chi	STM	12:30 Balance 4 Life	HCB	11:15 Balance 4 Life	HCB	11:30am Nordic Walk- ing Group	Veter- ans Gym or outside
Some classes may cancel during the holiday season due to instructor availability and weather. Substitute teachers will be found when possible. Please call to confirm class dates and times.									

HCB = Harbor Community Building @ 44 Jericho Rd

SC = Senior Center

LBR=Library

STM = St. Mary's Parish Center

Floor Yoga: Anne/Elizabeth, \$10 /12 **Chair Yoga** Anne/Elizabeth, \$5 **Men's Yoga:** Anne, \$10 /12 **Joint Efforts:** AnneMarie/Phyllis, \$3 **Balance for Life:** Sue \$5 per class; \$8 / 2 classes; \$10/3 classes a week **Cardio:** Chris \$4 **Nordic Walking:** Lisa **Tai Chi:** Linda \$2

BOWLING LEAGUE

Satuit Bowlaway, Cole Pkwy

TUESDAYS 9:30-11:30 AM

Join for \$5, which includes End of Season Banquet.
\$10/wk for lanes & shoes.

SENIOR PICKLEBALL PROGRAM

@ Jenkins School Gym

Mon 4-6pm, Wed 4:40-6pm

Doubles; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available for new players! Help with setup/breakdown of nets requested.

This is a volunteer-led Senior Center program. We do accept donations to support ongoing equipment purchases.

BADMINTON

Wednesdays, 6:00PM

@ Jenkins School

Drop-in! All are welcome!

Trail Walking returns Spring.
Check-out **Nordic** this Winter!

BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

Mah Jong—TUESDAYS @ 10:30-Noon. This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Interested in Texas Hold 'em? Call 545-8722

Scrabble—TUESDAYS @ 1:00-2:30PM

Hand & Foot Card Game—MONDAYS 1-3PM, held @ SHCB (Jericho Rd) NO instructor

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

PRSR STD
US POSTAGE PAID
BROCKTON, MA
PERMIT NO. 653

The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

The printing of this newsletter by Liturgical Publications Inc. is made possible through the advertising of our local merchants, organizations and individuals. Please support our advertisers! Anyone wishing to place an advertisement in this newsletter can contact Advertising with LPI at: 800-477-4574 x6377

Council on Aging Board Meetings are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: January 10 & February 14 at 5:30 pm.

Many thanks to Life Care Center of the South Shore for donating the gingerbread cookies and the beautiful cake, for our 2018 Holiday Party!



WE ARE ON-LINE TOO!

You can read this newsletter on-line
BEFORE it comes in the mail.

Go to: Town website at scituatema.gov;
Department-Council on Aging, and
Newsletters.

ALSO, www.ourseniorcenter.com
Find: **Scituate Council on Aging.**

You can sign up with your e-mail and
receive notice when it is published
(well before mailing!).

"Like" us on Facebook:

Search **Scituate Council on Aging** AND
TownofScituate Share to your friends!

Follow us on Twitter: @ScituateCOA.



Thank you to Friends of Scituate Seniors for helping us fund our coffee purchases this coming year in order for us to continue providing coffee to our patrons and for our many programs. We are grateful to those who have donated small and large amounts when able, and appreciate your continued contributions. Also take advantage of our china mugs in lieu of paper cups if you choose.



Consider joining the **Friends of Scituate Seniors** to lend your support

The Friends' volunteer, 501(c)(3) non-profit organization is established to **raise funds for a new Scituate Senior Center** and to **assist the Scituate Council on Aging with financial support** for programs, material needs and events.

The events they sponsor champion the work of the Senior Center and together with the COA help to create new supporters in the community. Please send your name, address, phone and email address to FOSS at P.O. Box 75 N. Scituate, MA 02060.